



I knew that!



Chaz
 [cvillette](https://cvillette.livejournal.com/)

<https://cvillette.livejournal.com/>
2008-04-15 16:15:00

MOOD: 😊 relaxed

MUSIC: street sounds

As world food prices skyrocket, the lowly potato makes a comeback. (<https://www.livejournal.com/away?to=http%3A/www.reuters.com/article/newsOne/idUSN0830529220080415>)

Potatoes are a great source of complex carbohydrates, which release their energy slowly, and -- so long as they are not smothered with butter -- have only five percent of the fat content of wheat.

They also have one-fourth of the calories of bread and, when boiled, have more protein than corn and nearly twice the calcium, according to the Potato Center. They contain vitamin C, iron, potassium and zinc.

And now, speaking of potatoes, I have to go into the kitchen and make chicken and potatoes for my climbing buddies. Mental health days are even more fun when you bring a friend.



Three things!

1) Okay, 0., She Wants Revenge = yes. It's like the Eighties rose up from the grave and came looking

Experimental Whole Wheat

Green Chile Robot Bread #1

Yes, baking with your hands is more fun. And the results have a better texture, and taste better.

[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

45 comments



 [txeanne](#)

[April 15 2008, 20:18:03 UTC](#)

[COLLAPSE](#)

Mm, potatoes. I keep meaning to find something exotic to do with those purple Peruvian ones. (Or I did when I lived in a town where I could find them.) But I always ended up boiling them and eating them plain. Because potatoes! That are purple! That taste just ever-so-slightly-different from regular potatoes!



[inaurolillium](#)

April 15 2008, 20:23:16 UTC

[COLLAPSE](#)

I like to buy the fingerling purples, cut them in half, toss them in olive oil, salt and pepper, and roast them (cut side down, please) in a 450 oven until the skin gets all wrinkly. Maybe 15-20min. Mmmmm, so good. And I'm not usually a big potato fan.



[txeanne](#)

April 15 2008, 20:39:30 UTC

[COLLAPSE](#)

Roasted potatoes are one of my favorite things EVER.



[leahbobet](#)

April 15 2008, 20:52:43 UTC

[COLLAPSE](#)

nom nom nom.



[pnkrokhockeymom](#)

April 16 2008, 01:19:49 UTC

[COLLAPSE](#)

That is what I do with them, too! And I don't cook!!!



[sprrwhwk](#)

April 16 2008, 04:35:20 UTC

[COLLAPSE](#)

Ooh. Wow. Whaddaya know, I've got leftover chicken and fingerling potatoes that need eating, and that procedure sounds quick and easy enough that I could do in in what little free time I can manufacture this week. Thank you!



[inaurolillium](#)

April 15 2008, 20:24:59 UTC

[COLLAPSE](#)

The whole "food prices are soaring" thing keeps irritating me, because it's not that food prices are becoming *so high*, it's that they've been artificially low for decades. And no one in the media seems to think this is worth mentioning.



[txeanne](#)

April 15 2008, 20:39:53 UTC

[COLLAPSE](#)

Go on, rant, you know you wanna.



[inaurolillium](#)

April 15 2008, 20:45:22 UTC

[COLLAPSE](#)

I dunno, I'm not sure Chaz would appreciate me mucking up his blog with my rants, especially since some of the stuff rattling around in my head about it is pure speculation and isn't especially well-informed. (Like how I think artificially low food prices may have contributed to rising housing prices...)



[cvillette](#)

[April 15 2008, 20:48:47 UTC](#)

[COLLAPSE](#)

We're also talking about international food prices, not just in North America.

Things are not good in many parts of the world right now, and it's a complex problem.



[inaurolillium](#)

[April 15 2008, 20:53:05 UTC](#)

[COLLAPSE](#)

You're right, of course. But the US's weird policies on farm subsidies aside, food prices in most of the post-industrial world have been at historic lows for a while now, if I remember correctly. (I may not: I did say I wasn't particularly well-informed here.)

But yes, in regards to housing, I was particularly referring to the US.



[sprrwhwk](#)

[April 16 2008, 04:42:49 UTC](#)

[COLLAPSE](#)

I don't /think/ the federal subsidies surrounding food have relaxed -- am I wrong? So I don't think it's so much a correction. (Not that I don't agree that prices have been artificially low, or that I'm especially in favor of the particular subsidies in question.)

Also, oil prices (which are up hugely) and food prices are correlated these days, given how far we ship most of it, and what we fertilize it with. Also, we've suddenly decided to sink a lot of our corn production into ethanol production for gasoline, causing a lot of other producers to get into the corn business and out of whatever foodstuffs they were producing before. Our agricultural economy was centered around cheap corn before, so food prices are going up, and the prices of a lot of other things that use corn by-products will probably go up too. I hope that the stuff I buy from local farmers won't be too affected -- if anything it might become more competitive. :-)



[inaurolillium](#)

[April 16 2008, 17:19:40 UTC](#)

[COLLAPSE](#)

I didn't say it was a correction, at least not for the subsidies. Even without those, though, food prices have been really low (see the comment about wheat prices in Britain), and which is not necessarily a good thing.

Using corn for biofuels is a stupid idea. We started with corn because we had a surplus, but there are other and better sources for the raw materials. I know a couple of people who are working on the problem now.

Deleted comment



[cvillette](#)

[April 15 2008, 20:46:52 UTC](#)

[COLLAPSE](#)

I do a lot with sweet potatoes. Complex carbs!

 [pnkrokhockeymom](#)
April 16 2008, 01:21:31 UTC [COLLAPSE](#)

Ooooooh. My puppy loves sweet potatoes and was just asking me if I had a recipe to try to cook some for him. Hint, hint, hint, HINT.

 [Nuh-uh](#)
 [malthus25](#)
April 16 2008, 03:43:10 UTC [COLLAPSE](#)

Glycoproteins! Half carb, half protein -- like platypuses (half bird, half mammal)!

 [trollcatz](#)
April 15 2008, 23:00:11 UTC [COLLAPSE](#)

Chicken. Taters. Garlic. Rosemary. Garlic. Some other stuff.

Eating like this two days in a row is...ooooh. Thank god we burned a million calories today.

 [cvillette](#)
April 15 2008, 23:24:59 UTC [COLLAPSE](#)

A million and six.

Have some more olive-oil roasted garlic. It's good for you.

 [trollcatz](#)
April 15 2008, 23:27:42 UTC [COLLAPSE](#)

Like garlic caramels!

...

...only better than that sounds.

 [cvillette](#)
April 15 2008, 23:31:27 UTC [COLLAPSE](#)

Have you ever had smoked sea salt and rosemary caramels?

I need a kitchen with enough space for candy making, is what I need.

 [trollcatz](#)
April 16 2008, 00:34:10 UTC [COLLAPSE](#)

Smoke. Salt. Rosemary. Caramel. That should not work. Should it?



 [cvillette](#)

[April 16 2008, 00:37:39 UTC](#) [COLLAPSE](#)

You come with Uncle Chazzie, honey. He's got some candy for you.

Remember the rosemary shortbread?



 [trollcatz](#)

[April 16 2008, 00:46:37 UTC](#) [COLLAPSE](#)

Oooooooh. Are those caramels in your pocket, or...

Wait, nuh-uh. I don't care if the back seat is full of chocolate, I'm not riding with you. If you lure me into your car, *I'm* driving.

(But I do remember that rosemary shortbread... Ooooh...)



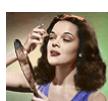
 [cvillette](#)

[April 16 2008, 00:51:00 UTC](#) [COLLAPSE](#)

Hey, I have never had an accident. Since I got my license.

I think Trader Joe's has plain sea salt caramels. Those might serve as a stop-gap.

I'll see what I can do.



 [Ometotchtli](#)

[April 16 2008, 01:10:58 UTC](#) [COLLAPSE](#)

Can-dee?



 [cvillette](#)

[April 16 2008, 01:21:44 UTC](#) [COLLAPSE](#)

Sweets for the sweet!



 [trollcatz](#)

[April 16 2008, 01:20:25 UTC](#) [COLLAPSE](#)

Did I ever ask you how you did in Pursuit and Defensive Driving? (I sucked, which will not amaze you.)



 [cvillette](#)

[April 16 2008, 01:28:42 UTC](#) [COLLAPSE](#)

In fact, it came up on this very internet not too long ago....

But I guess not everybody is smart like me.



 [trollcatz](#)

[April 16 2008, 01:31:53 UTC](#)

[COLLAPSE](#)

Intelligence and memory are not necessarily related. 8>P



 [trollcatz](#)

[April 16 2008, 01:40:54 UTC](#)

[COLLAPSE](#)

(Is there a stick-tongue-out-at-someone emoticon, distinct from the Mr. Yuk emoticon? There ought to be. *g*)

 [jennythe_reader](#)

[April 17 2008, 20:02:25 UTC](#)

[COLLAPSE](#)

There is! It's :P



 [Ometochtli](#)

[April 16 2008, 01:29:34 UTC](#)

[COLLAPSE](#)

How can you have sucked, ambulance driver?



 [trollcatz](#)

[April 16 2008, 01:34:33 UTC](#)

[COLLAPSE](#)

I can drive really fast! I can drive the *truck* really fast! I can dodge idjits who cannot see red flashy lights and hear sirens! It's that OTHER stuff that gave me trouble. I'm used to driving the people who do that other stuff to the hospital after they've done it, man. Eeep.



 [cvillette](#)

[April 16 2008, 01:40:17 UTC](#)

[COLLAPSE](#)

PIT is pretty safe if you do it right....



 [trollcatz](#)

[April 16 2008, 01:48:19 UTC](#)

[COLLAPSE](#)

That and all those controlled skids--they don't like you to practice those with amulances. *g*

(I should go for a refresher. Who knows when I might have to drive a bus non-stop at 50+ miles an hour?)



 [cvillette](#)

[April 16 2008, 01:53:58 UTC](#)

[COLLAPSE](#)

Reminds me! When's my next first aid lesson?



 [trollcatz](#)

[April 16 2008, 02:04:53 UTC](#)

[COLLAPSE](#)

Immobilization techniques! You've seen them in action, now try 'em yourself! (I'm an obnoxious subject; I know every conceivable way to defeat a splint. *g*)

I'm always dateless on Thursday because of T.'s office hours...



 [cvillette](#)

[April 16 2008, 02:11:08 UTC](#)

[COLLAPSE](#)

I think Tasha has some kind of a Thing (Yeah, I might see her again in December, ya think?), so I should be free at least for early evening. Assuming we're At Home.



 [trollcatz](#)

[April 16 2008, 03:43:37 UTC](#)

[COLLAPSE](#)

We'd better be At Home. In case of rain of frogs, distribute umbrellas and call me next week.



 [Ometotchtli](#)

[April 16 2008, 03:47:28 UTC](#)

[COLLAPSE](#)

If you date girls for whom election years are significant, you have to figure on getting a lot of reading done every four years.



 [cvillette](#)

[April 16 2008, 05:30:06 UTC](#)

[COLLAPSE](#)

Two, even.



 [Ometotchtli](#)

[April 16 2008, 06:03:48 UTC](#)

[COLLAPSE](#)

Oh, yeah, them, too.



 [pnkrokhockeymom](#)

[April 16 2008, 01:22:57 UTC](#)

[COLLAPSE](#)

Since you got your license, eh?



 [cvillette](#)

[April 16 2008, 01:29:26 UTC](#)

[COLLAPSE](#)

That's the only time that counts, right?



[pnkrokockeymom](#)

April 16 2008, 01:30:18 UTC

[COLLAPSE](#)

Oh, um. Sure. Yep. What you said.

Three things!

1) Okay, 0., She Wants Revenge = yes. It's like the Eighties rose up from the grave and came looking

Experimental Whole Wheat

Green Chile Robot Bread #1

Yes, baking with your hands is more fun. And the results have a better texture, and taste better.

[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning